

# BLUE ADVANTAGE BULLETIN

MEDICARE MADE EASY

2021

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## SEE CLEARLY AND SMILE BRIGHTLY

Getting regular dental and vision care are important steps to your overall health. That's why your Blue Advantage plan comes with benefits that make it easy for you to get the care you need to keep seeing clearly and smiling brightly.

### Dental Tips and Benefits

Keep your teeth and gums in top shape by following these tips:

- Brush your teeth with fluoride toothpaste after breakfast and before bed
- Floss between your teeth every day
- Cut down on sugary foods and drinks
- Don't smoke or use other tobacco products

Your Blue Advantage dental benefits include the following preventive services at a \$0 copay:

- Two visits for dental cleaning and one oral exam every year
- One fluoride treatment every year
- One horizontal bitewing X-ray every three years

*See your Evidence of Coverage for more details and a list of basic services covered at 50% coinsurance. Coverage is limited to \$1,000 per year for all dental services combined, preventive and basic.*

### Vision Tips and Benefits

Even if your eyes feel fine, you shouldn't put off regular eye exams. Here are some ways to keep your eyes healthy:

- See your eye care provider yearly
- Don't smoke and avoid second-hand smoke
- Wear sunglasses with UVA and UVB ray protection, even on cloudy days
- Wear protective eyewear when playing sports or doing yard work
- Eat more leafy green vegetables and foods with healthy fats such as salmon and tuna

Your Blue Advantage vision benefits include:

- Routine eye exam - \$0 copay
- Eyeglass frames - \$0 copay
- Eyeglass lenses - \$0 copay
- Allowance for contact lenses or eyeglass frames - up to \$130 per year
- Eyeglasses or contact lenses after cataract surgery (Medicare-covered) - \$0 copay
- Diabetic eye exams performed by a specialist such as an ophthalmologist or optometrist - \$0 copay  
- The diabetic eye exam can also be used to earn a \$25 member reward. Visit [bcbsla.healthmine.com/rewards](https://www.bcbsla.healthmine.com/rewards) for more information.

*Copays listed above are for in-network providers. See your Evidence of Coverage for benefit details.*

To learn more about your dental and vision coverage, visit [www.bcbsla.com/blueadvantage](https://www.bcbsla.com/blueadvantage) and click on the **Dental & Vision** button.



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### Important Blue Advantage information

## DON'T IGNORE THE SIGNS OF HEARING LOSS

Have you noticed yourself having trouble hearing on the phone, turning up the volume on your TV too high or asking people to repeat themselves? These could be signs of hearing loss, so it's important to get checked out. Even if you aren't experiencing any of these signs, you should still get a routine hearing exam each year. Your Blue Advantage plan includes up to one routine hearing exam every year for a \$10 copay, plus you get a \$500 allowance every year for hearing aids (total for both ears). See your Evidence of Coverage for benefit details.



## KEEP YOUR COOL IN THE SUMMER HEAT

Staying active is important for your health, but when summer temperatures soar, you need to play it safe outside. When it's just too hot to get outside, don't forget that your Blue Advantage plan comes with no-cost fitness benefits that include options like home fitness kits, on-demand workout videos and fitness center memberships. Visit [www.SilverandFit.com](http://www.SilverandFit.com) to learn more and get moving today!